Loving Your Family Feeding Their Future

Nutrition Education Through The Food Stamp Program

The Healthy Family Guidebook

What is inside this guidebook?

My plan for a healthy family

Mom, what are you making for supper?

I did not like to hear that question. I often did not have an answer.

Like most moms, I wanted my family to eat healthier foods. I knew I had to take action. With help from the Food Stamp nutrition educator, I learned that my family needed to eat more fruits, vegetables, and whole grains.

It still seemed hard to do. I needed a plan to change what we ate and how we ate.

On top of that, my family is so busy. Work and school take up most of our time. Does this sound like you?

The nutrition educator helped me learn some easy steps to get started. After a while, it was easier than I would have dreamed.

I learned that healthier eating does not take a lot of time. My family could eat healthy without spending a lot of money on food. We could change how we eat, and we would feel better.

What really helped was when the nutrition educator taught me about MyPyramid, a food and activity plan. MyPyramid shows us how to eat healthier foods and be physically active every day.

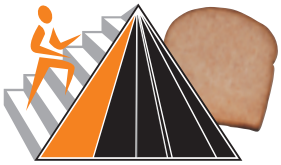
This guidebook tells you about MyPyramid. It shows you how to plan, shop, and prepare meals for your family. This guidebook is for real families that are busy like mine. The information in this guidebook is for persons over 2 years of age.

MyPyramid.gov
STEPS TO A HEALTHIER YOU

A healthy eating plan: MyPyramid

MyPyramid helps you know what foods are best for your family.

MyPyramid includes five food groups:



Grains Group
Make half your grains whole

Vegetables Group
Vary your veggies

Fruits Group
Focus on fruits

Milk Group
Get your calcium-rich foods

Meat & Beans Group
Go lean with protein

I have learned to use foods from every food group each day. I pick foods from each group because no single food has everything we need for good health. This guidebook will help you use foods from each food group.

It is easy to use and gives tips on how to:

- Cook easy, quick, and tasty meals that your whole family will love.
- Get your kids to eat more fruits and vegetables and like them.
- Stretch your food dollars.
- Get your family to be more physically active and have fun.

We all know deep down that planning and making healthy meals shows our love for our families and gives them hope for a good future. This book helps you do it.

Loving your family:
Making healthier habits

The good eating habits I teach my kids today will stick with them for life. As a mom, that is one of the best gifts I can give my kids.

"Fast food" was easy for my busy family. But it often did not have healthy choices. The nutrition educator helped me learn that we can eat healthy, stay on our budget, and not spend hours in the kitchen. We took it one step at a time.

The first step was to learn how much to eat. I wanted my family to eat the right foods in the right amounts. But I did not know what the right amounts of food were.

I learned adults and kids need different amounts from each food group. Many children and women who are not very physically active will need fewer calories and less food. Many men and teen boys will need more food.

MyPyramid shows us that many adult women need about 2,000 calories a day. This means they should eat these amounts each day from each food group:

Vegetables Group	2½ cups
Fruits Group	2 cups
Milk Group	3 cups
Grains Group	6 ounces
Meat and Beans Group	5½ ounces

That seemed like a lot of food. I learned it was not as much as I thought it was when I looked at the amounts of food in my meals during the day.

These amounts of food may not be right for you. It depends on how physically active you are, your age, and if you are a woman or man. Ask your nutrition educator to help you find a plan for healthy eating by going to the MyPyramid Web site at www.mypyramid.gov.

MyPyramid showed me how to change, one step at a time, by using seven basic habits. Those habits have made our lives better.

I made little changes at first. Soon my family was eating better. It did not happen right away, but we did change. We all learned together. Learning together made it easier and fun.

Here are seven habits. Start slowly, but start. And stick with it. Your family will feel healthier, happier, and closer to each other. These changes are worth it.

Habit #1
Vary your veggies

Eating a variety of vegetables will help your family get the nutrition they need. I serve my family different vegetables like:

Dark green – broccoli, spinach, and greens (turnip, mustard, collard).

Orange – carrots and sweet potatoes.

Starchy – corn, white potatoes, green peas.

Legumes – dry beans and peas.

Others – tomatoes, cucumbers, green beans, cabbage, celery, cauliflower, zucchini, summer squash, and lettuce.

Vegetables of different colors provide different vitamins and minerals. When I serve many colors of vegetables, I know my family is eating healthier. I needed to serve more dark green and orange vegetables.

Here is how my family does it:

Each member of my family needs about 2½ cups of vegetables a day. This was hard for me to understand. So, I got out my measuring cups and started measuring my vegetables to see what that amount looked like.

For one day, each one of us might eat:

- One half cup of cooked green beans (counts as 1/2 cup of vegetables).

- One cup of raw leafy vegetables, like lettuce or spinach (counts as 1/2 cup of vegetables).

- One half cup of raw tomatoes (counts as 1/2 cup of vegetables).

- One large baked sweet potato (counts as 1 cup of vegetables).

Tips on buying vegetables:

- Fresh, frozen, and canned vegetables are all smart choices.
- Fresh vegetables can be a great buy and taste great. Check prices and look for sales.
- Frozen and canned vegetables may cost less than fresh vegetables. Check the prices.
- Frozen and canned vegetables last longer than fresh vegetables. They can also save time – no washing and chopping.

Tips on serving vegetables:

- I can mix vegetables with other foods that my kids like. My family loves macaroni and cheese. So, I mix it with chopped broccoli for a dark green vegetable. My family never leaves a bite on their plates.
- We stir-fry vegetables like slices of zucchini, yellow squash, carrots, and onions in a nonstick pan or with a little oil. Then season to taste. Try your favorite vegetables this way.
- I serve dark green and orange vegetables often. My family likes baked sweet potatoes with cinnamon sprinkled on top.
- We keep vegetables in the refrigerator for snacks. My family likes cucumbers, carrots, and broccoli. The kids love to dip their veggies in low-fat ranch dressing or put peanut butter on their celery. They really like this recipe.

Snack
Menu

Bugs on a Log
Low-fat milk or water

Bugs on a Log

Ingredients and Instructions:

1. Make "logs" from any of these foods:
   - Celery stalks, cut about 3 inches long
   - Apples, cut in halves or quarters with cores removed
   - Carrot sticks, cut to about 3 inches long

2. Top the logs with a spread such as:
   - Low-fat cream cheese and pineapple
   - Low-fat cheese and pimento
   - Peanut butter
   - Egg salad

3. Sprinkle "bugs" on the spread:
   - Raisins
   - Unsweetened whole-grain cereal
   - Sunflower seeds
   - Chopped peanuts

Warning: Young children less than 3 years old can easily choke on nuts, seeds, popcorn, raw vegetables, grapes, peanut butter, meat sticks, and hot dogs. Do not give these foods to infants. Cut foods into small, easily chewed finger foods for toddlers and preschoolers who are still learning to bite and chew. Watch children of all ages closely when they are eating. Also, some children and adults may be allergic to peanut butter.

I add vegetables to soups and stews like this recipe:

Brunswick Stew

Serving Size: 1 cup | Makes: 8 servings

Ingredients:

1 tablespoon vegetable oil
1 medium sliced onion
2 cups low-sodium chicken broth
2 cups cooked diced chicken or turkey
2 cups canned or cooked tomatoes
2 cups canned or cooked lima beans
2 cups canned or cooked whole-kernel corn

Instructions:

1. Heat oil in a large pan. Add onion and cook in oil until tender.
2. Add all remaining ingredients. Bring to a simmer for 30 minutes at medium-low.

Lunch or Dinner
Menu

Brunswick Stew
Whole-wheat bread slice
Fresh orange wedges
Low-fat milk or water

Delicious Greens

Serving Size: 1/4 of recipe | Makes: 4 servings

Ingredients:

1/2 pound mustard or collard greens
2 cups shredded cabbage
1 tablespoon vegetable or olive oil
2 tablespoons minced garlic
1 chopped onion
1 tablespoon vinegar

Instructions:

1. Rinse greens, remove stems, and tear in small pieces.
2. In a large saucepan, boil 3 quarts of water.
3. Add mustard greens, return to a boil, and cook 3 minutes. Add cabbage and cook 1 more minute. Drain in colander.
4. Heat a large nonstick skillet over medium high heat. Add oil and sauté garlic and onion until light brown, about 3 minutes.
5. Add greens and vinegar and cook briefly, about 3 minutes. Serve hot.

Lunch or Dinner
Menu

Sliced ham
Delicious Greens
Baked sweet potatoes
Small piece cornbread
Pineapple slices
Low-fat milk or water

Lunch or Dinner
Menu

Colorful Quesadillas
Fruit salad
Low-fat or fat-free milk

Colorful Quesadillas

Serving Size: 4 wedges or one quesadilla | Makes: 8 servings

Ingredients:

8 ounces fat-free cream cheese

1/4 teaspoon garlic powder

8 small flour tortillas

1 cup chopped sweet red or green bell pepper

1 cup shredded low-fat cheese

2 cups fresh spinach leaves or 9 oz. frozen, thawed, and squeezed dry

Instructions:

1. In a small bowl, mix the cream cheese and garlic powder.
2. Spread about 2 tablespoons of the cheese mixture on each tortilla.
3. Sprinkle about 2 tablespoons bell pepper and 2 tablespoons shredded cheese on one half of each tortilla.
4. Add spinach: 1/4 cup if using fresh leaves or 2 tablespoons if using frozen. Fold tortillas in half.
5. Heat a large skillet over medium heat until hot. Put 2 folded tortillas in skillet and heat for 1-2 minutes on each side or until golden brown.
6. Remove quesadillas from skillet, place on platter, and cover with foil to keep warm while cooking the remainder.
7. Cut each quesadilla into 4 wedges. Serve warm.

Habit #2

Focus on fruits

Eat a variety of fruits every day. Fruits add vitamins, minerals, and fiber to our meals and snacks.

Each member of my family needs about 2 cups of fruit every day.

For one day, we might eat:

- One half cup of fruit cocktail (counts as 1/2 cup of fruit).

- A large banana (counts as 1 cup of fruit).

- A small orange (counts as 1/2 cup of fruit).

Tips on buying fruits:

- I include fresh, frozen, canned, and dried fruits like raisins on my shopping list.
- I always look for fruits on sale. Sales help stretch my food dollars.
- I always buy 100% juice and not fruit drinks. Fruit drinks might not have any fruit juice in them. They are mostly sugar. My nutrition educator told me how to tell if a drink is 100% fruit juice by looking at the food label.

Tips on serving fruits:

- My family likes fruit juice, but I might not serve it every day. We only drink enough juice to get up to half of the fruit we need for the day when we have juice. For my family, that would be no more than 1 cup per person.
- I keep a bowl of fruit like apples, oranges, and bananas on the kitchen counter for quick snacks.
- We often use fruit for dessert. Our favorites are:
  - Canned peaches, fruit cocktail, pineapple, and applesauce.
  - Mangoes, papayas, cantaloupes, strawberries, watermelons, grapes, and blueberries when they are on sale.

Here is a great recipe to try as a snack or dessert.

Snack
Menu

Frozen Fruit Cups
Graham cracker
Low-fat or fat-free milk

Frozen Fruit Cups

Serving Size: 1 muffin tin cup | Makes: 18 servings

Ingredients:

3 bananas

24 ounces fat-free strawberry yogurt

10 ounces frozen strawberries, thawed, with the juice

8 ounces canned crushed pineapple, with the juice

Instructions:

1. Line 18 muffin-tin cups with paper baking cups.
2. Dice or mash bananas and place in a large mixing bowl.
3. Stir in remaining items.
4. Spoon into muffin-tin cups and freeze at least 3 hours or until firm. Remove frozen cups and store in a plastic bag in freezer.
5. Before serving, remove paper cups and let stand 10 minutes.

Habit #3

Get your calcium-rich foods

Each of my family members needs 3 cups of milk or milk products each day to get enough calcium.

For one day, we might:

- Drink 1 cup of low-fat milk or put it on our cereal for breakfast (counts as 1 cup of milk).

- Drink 1 cup of fat-free or low-fat milk for lunch (counts as 1 cup of milk).

- Eat 1 cup of low-fat yogurt as dessert at our evening meal (counts as 1 cup of milk).

On other days for one of the cups of milk, we might eat 2 ounces of low-fat processed cheese.

Tips on buying milk and milk products:

- My family switched from whole milk to fat-free milk. We did not need the extra fat in whole milk. We changed a little at a time. First, we switched from whole to reduced-fat (2%) milk. Later, we changed to low-fat or fat-free milk. Now, that's all we drink.
- We also eat fat-free or low-fat cheese and yogurt. I feel great knowing that my family is making healthy choices.

Tips on serving milk and milk products:

- One of my kids cannot drink milk. The doctor told me he is lactose intolerant. The nutrition educator showed me other items I can serve, like lactose-free milk and calcium-fortified foods such as calcium-fortified orange juices, soy/rice drinks, and cereals.
- I read labels carefully to make sure I'm buying calcium-fortified foods.
- I use fat-free or low-fat milk, yogurt, and cheese in foods that I make.

Try these recipes to get calcium-rich foods in your meals.

Orange Banana Frosty

Serving Size: 1/2 cup | Makes: 2 servings

Ingredients:

1 small frozen banana, cut into chunks

1/2 cup plain low-fat yogurt

1/2 cup orange juice

Instructions:

1. Put all ingredients in a blender and mix well.
2. Add more liquid if you want the drink thinner.

Snack
Menu
Orange Banana Frosty

Sure To Please Baked Eggs and Cheese

Serving Size: 1/4 of recipe | Makes: 4 servings

Ingredients:

- 1 tablespoon oil
- 6 eggs*
- 1/2 cup fat-free milk
- 1/2 cup low-fat grated cheese
- 1 teaspoon garlic powder
- 1½ teaspoons oregano

Instructions:

1. Preheat oven to 350 degrees.
2. Put oil in a medium baking dish or small cake pan and heat in the oven for a few minutes.
3. In a bowl, beat eggs. Mix in remaining ingredients. Pour into hot pan.
4. Bake 20 minutes or until eggs are firm. Serve immediately.

* 4 eggs plus 4 egg whites may be used instead of 6 eggs to reduce fat and cholesterol.

TIP: This recipe does not have to be just for breakfast. Consider using this recipe as a main dish at lunch or supper.

Breakfast Menu

Sure To Please Baked Eggs and Cheese
Whole-wheat toast
100% fruit juice

Habit #4

Make half your grains whole

We usually eat enough foods from the grains group like bread, cereal, rice, and pasta. My family needs to eat 6 ounces of grains each day. Three of those ounces should be whole-grain. My trusty measuring cups help me serve the right amount.

For one day, we might eat:

- One cup of cereal (whole-wheat flakes) (counts as 1 ounce of whole grains).

- Two slices of whole-wheat bread for our lunch sandwich (counts as 2 ounces of whole grains).

- One cup of cooked rice at our evening meal (counts as 2 ounces of grains).

- One small piece of corn bread at our evening meal (counts as 1 ounce of grains).

Tips on buying grains:

- At least half (3 ounces for my family) should be whole grains. This was new to me. I thought if the bread was brown, it was whole-grain. That is not always true. I learned to look on the label for the words 100% whole grain, or 100% whole wheat. If you see any of these words listed first on the label, it contains whole grain.
- You can save money by shopping for grains at day-old bread stores. Ask your nutrition educator if there is one in your area that accepts food stamps.

Tips on serving grains:

- Some whole grains that my family likes are whole-wheat breads and cereals, oatmeal, popcorn, brown rice, and whole-wheat or whole-grain corn tortillas.
- I put grains in many of the recipes I fix. Here are some fun, delicious recipes that make using whole grains really easy.

Fantastic French Toast

Serving Size: 1/6 of recipe | Makes: 6 servings

Ingredients:

2 eggs

1/2 cup fat-free milk

1/2 teaspoon vanilla extract

6 slices whole-wheat bread

Light syrup or fruit toppings (optional)

Instructions:

1. Preheat the griddle over medium heat, or set an electric frying pan at 375 degrees.
2. Put eggs, milk, and vanilla in a shallow bowl and beat with a fork until well mixed.
3. Grease the griddle or pan with a thin layer of oil or use nonstick spray.
4. Dip both sides of bread, one slice at a time, in the egg mixture, and cook on the hot griddle or frying pan.
5. Cook on one side until golden brown. Turn the bread over to cook the other side. It will take about 4 minutes on each side.

Breakfast

Menu

Fantastic French Toast
Light syrup
Applesauce
Low-fat or fat-free milk

Lunch or Dinner
Menu

Spinach and Meat Cakes

Brown rice

Green salad with low fat dressing

Strawberries or red grapes

Low-fat or fat-free milk

Spinach and Meat Cakes

Serving Size: 2 meat cakes | Makes: 6 servings

Ingredients:

1 pound ground beef or turkey, 7% fat (or 93% lean)

2 spinach bunches, washed and cut into pieces (may substitute a 1-pound bag of frozen chopped spinach, thawed and well drained)

1/2 finely chopped onion

2 minced garlic cloves

1/2 teaspoon salt

black pepper to taste

3 cups cooked brown rice

Instructions:

1. Preheat frying pan (no oil).
2. Combine all ingredients except brown rice in a large mixing bowl. Mix well.
3. Form mixture into 12 small balls. Place in frying pan and flatten into patties using a spatula.
4. Cook over medium heat until cooked on both sides.
5. Serve over cooked brown rice.

Banana Split Oatmeal

Serving Size: whole recipe | Makes: 1 serving

Ingredients:

1/3 cup quick-cooking dry oatmeal

1/8 teaspoon salt

3/4 cup very hot water

1/2 sliced banana

1/2 cup fat-free frozen yogurt

Breakfast **Menu**

Banana Split Oatmeal

1/2 Whole-wheat English muffin

Low-fat or fat-free milk

Instructions:

1. In a microwave-safe cereal bowl, mix together the oatmeal and salt. Stir in the water.
2. Microwave on high for 1 minute. Stir. Microwave on high power for another minute. Stir again.
3. Microwave an additional 30-60 seconds on high power until the cereal reaches the desired thickness. Stir again.
4. Top with banana slices and frozen yogurt.

TIP: The banana split oatmeal can also be a snack by itself.

Habit #5:
Go lean with protein

The Meat and Beans Food Group gives us protein. We need protein every day. Each member of my family needs 5½ ounces from the meat and beans group each day. I had a hard time learning ounces. But my nutrition educator showed me how.

For one day, we might eat:

- One whole egg (or one tablespoon of peanut butter) at breakfast (counts as 1 ounce of meat and beans).

- 1/2 cup cooked black beans at lunch (counts as 2 ounces of meat and beans).

- One half of a small chicken breast (counts as 2 to 3 ounces of meat and beans).

Tips on serving protein foods:

- It helped me to start using my measuring cups and spoons. I learned that eating 1 cup of beans would equal 4 ounces of meat. That helped me judge how much food from the Meat and Beans group my family eats.
- I take the skin off my chicken and trim the fat off meats.
- I bake, microwave, or broil our meats. This was a big change. I used to fry a lot of our foods.
- I often serve other protein foods like cooked dry beans and peas, fish, nuts, and eggs.

Tips on buying protein foods:

- I buy low-fat or lean meats and poultry (chicken and turkey). They have less fat.
- I use more fish. I buy fresh fish when it is on sale or canned tuna or salmon. Canned fish usually costs less.

Try these low-cost recipes:

Lunch or Dinner

Menu

Salmon Patties
Oven Fries
Broccoli
Peaches
Low-fat or fat-free milk

Salmon Patties

Serving Size: 1 patty | Makes: 9 servings

Ingredients:

15½ ounces canned, drained salmon
1 cup crushed whole-grain cereal or crackers
2 lightly beaten large eggs
1/2 cup low-fat milk
1/8 teaspoon black pepper
1 tablespoon vegetable oil

Instructions:

1. Use a fork or clean fingers to flake salmon until very fine.
2. Crumble cereal or crackers into crumbs.
3. Add cereal or cracker crumbs, eggs, milk, and pepper to salmon.
4. Mix thoroughly.
5. Shape into 9 patties.
6. Heat oil in a skillet.
7. Over medium heat, carefully brown both the sides until patty is thoroughly cooked.

Tip: Replace the salmon with canned tuna fish. For fun, do a combination of the two!

Bean Enchiladas

Serving Size: 2 enchiladas (6 inches each) | Makes: 4 servings

Ingredients:

3½ cups cooked pinto beans
(or two 15-oz cans of low-sodium pinto beans)

1 tablespoon chili powder

1/2 cup low-fat shredded cheese, such as Monterey Jack

8 6-inch flour tortillas

Salsa (optional)

Instructions:

1. Place beans in a large bowl and mash coarsely with a fork or potato masher; stir in chili powder.
2. Wrap tortillas in a damp paper towel. Microwave on HIGH for 45 seconds, or until tortillas are soft and warm.
3. Divide bean mixture among tortillas and spread down center of tortilla. Sprinkle cheese on bean mixture.
4. Roll tortillas to enclose mixture.
5. Spray a 9-inch x 13-inch baking dish with nonstick cooking spray.
6. Place enchiladas, seam side down, into baking dish.
7. Cover with foil and bake at 350 degrees for 20 minutes or until heated through.
8. Serve warm with salsa.

Lunch or Dinner

Menu

Bean Enchiladas

Lettuce and tomato salad

Pears

Low-fat or fat-free milk

Lunch or Dinner

Menu

Sensational
Six-Layer Dinner

Whole-wheat
bread slice

Fruit cocktail

Low-fat or
fat-free milk

Sensational Six-Layer Dinner

Serving Size: 1/6 of recipe | Makes: 6 servings

Ingredients:

2-3 raw, sliced potatoes (medium size)

2 cups sliced carrots

1/4 teaspoon black pepper

1/2 teaspoon onion, sliced

1 pound lean ground beef,
browned and drained

1½ cups green beans

1 can of tomato soup

Baking dish: Use a baking dish or pan large enough to fit all recipe items.

Variation: Use peas or corn instead of green beans. Use your favorite cream soup instead of tomato soup.

Instructions:

1. Lightly oil or spray baking dish with cooking spray.
2. Layer ingredients in order given. Cover.
3. Bake at 350 degrees for 45 minutes or until tender and thoroughly heated.
4. Uncover and bake 15 more minutes.

Habit #6

Watch your fats, sugar, and salt (sodium)

I thought all fats were bad for you. But some types of fats are okay in the right amounts. I learned the fats I should use are oils like:

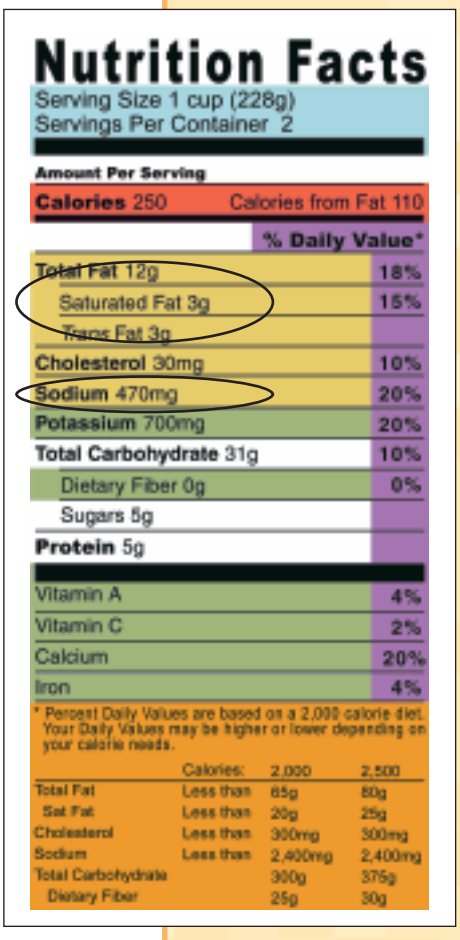
- Canola oil
- Corn oil
- Olive oil
- Soybean oil
- Safflower oil
- Sunflower oil
- Oils in fish, nuts, and seeds

Some types of fats are better to limit. These fats are:

- Butter
- Lard
- Stick margarine
- Fat on meats and poultry
- *Trans* fats that are in a lot of prepared foods like some cakes, cookies, crackers, pies, donuts, stick margarines, fried foods, chips, and solid vegetable shortening.

The nutrition educator helped me learn how to read the Nutrition Facts label to see what was in the food I bought.

- I learned to eat small amounts of fat, even oils. They are high in calories.
- I also watch the sugar my family gets. I pick food and drinks that are low in sugar. Sugars add calories to foods and not much else that we need. Some foods that are often high in sugars are sodas, candies and sweets, and fruit drinks.
- One other thing I check on the Nutrition Facts label is the amount of sodium (salt). I try to buy canned foods that are low in sodium.



Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 — Calories from Fat 110

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Potassium 700mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Habit #7

Balance what you eat with physical activity

Eating healthier foods is important, but I also learned that we need to be physically active. I learned that:

Kids need at least 60 minutes of physical activity every day or most days of the week.

Adults need to be physically active for at least 30 minutes most days of the week.

You may need more physical activity to lose weight or maintain your weight at a healthy level. If you have questions about what is right for you, go to www.mypyramid.gov.

Physical activity should be at least moderate-intensity like these activities:

- Walking briskly
- Gardening/yard work
- Dancing
- Bicycling

I like being more physically active because I feel better about myself. I also have more energy. I walk on most days, and it has helped me to handle my busy family. Walking is great for most people.

One of the secrets to health for our families is to balance how much we eat and how physically active we are. We need to use up what we take in. This means burning off some of the calories we take in.

Being physically active helps everyone in your family. Even if our families are busy, there are many ways for all of us to be active.

Try these:

- Walk or play together.
  - Walk in an area that is comfortable for you like in the neighborhood, at a park, or in the mall.
  - Walk to school with your kids.
  - Walk to the store when you need only a few things.
  - Play with your children – basketball, soccer, or chase each other in a game of tag.
- Check with your local community center for exercise programs, dance classes, or other activities.
- Join a church group that does physical activities.
- Take the stairs, not the elevator.
- Park as far away from stores as you can, so you will add walking steps to your day.
- If the weather is bad, we turn on the music and dance or march around the house. The kids love this. I love it too. It gets all of us moving and away from the television.

No matter what you choose to do, get moving. The more you move, the better you feel, and the healthier you will be.

Feeding their future:
Good food habits last a lifetime

Do you have a hard time getting your kids to eat right? Here are some tips to make it easier:

- **Your habits help kids make smart food choices.** Kids like to be copycats. They will do what you do. If you drink milk and eat vegetables, so will they. Try to set a good example.
- **Have healthier foods in the house.** I let my kids decide if they want apples or graham crackers for a snack. Both are healthy choices.
- **Eat meals with your kids as often as you can.** Meals are a nice way to be with each other and break up the busy days. Use meals to talk about new foods and plan ways to be physically active.
- **Keep trying with new foods** – it may take a few tries with a new food before the family likes it. One thing we like is **new food night.** We try a new food we have never had.
- **Let your kids help** pick foods, plan meals and snacks, and fix meals.

It took some time. But now my kids feel good about eating the foods we know are good for us. We learn together. The more you teach your kids now, the healthier they will be as adults. That is a great gift to give them.



What everyone asks: Answers to your questions

If you are like me, and many of the women I know, you have questions about eating healthier. Many women know about basic nutrition. But we still have trouble using what we know to make sure our families eat healthier foods. I rely on my nutrition educator. She has helped me to learn how to improve my family's eating habits.

Here are some of the questions that I needed help with. You might want to know these things too.

How can I use my food stamps to stretch my food dollars?

- **Plan before going to the grocery store.** Even if you are only buying a few things, make a shopping list.
- **Shop from your list.** You will buy less if you use the list. Shop when you are not hungry. This way you will not buy more than you want and need.
- **Check the store's sales.** Pick things that match your list that are on sale. Use coupons. These can be used with food stamps. Coupons can help your food stamps buy more.
- **Buy generic or store brands.** They usually cost less.

How can I cook healthy meals that are quick and easy? I do not have hours to spend in the kitchen.

Healthy cooking can be done without needing a lot of time. The key to healthy cooking is planning ahead and making wise choices.

- **Look for recipes that use only five to seven ingredients.** These are quick and easy.
- **When you have only a little time for fixing meals and cleaning up, use recipes for "one dish" meals.** These are recipes that combine all the foods in one dish. These are great for busy families (see page 24).
- **If your dinner meal includes a frozen item, put it in the refrigerator the night before or in the morning.** By doing that, the item is thawed and ready to use when you begin to fix dinner.

Shopping with my kids is so hard, but a babysitter costs too much. How can I shop with the family along?

We are all very busy, so this question is one most of us need help with.

Set up rules before you leave home so the kids know what to expect. To start, let them know you will all stay together so everyone can help.

- **Let your child choose a fruit or vegetable to add to the shopping list.**
  Let them tell you where to find that food in the store.
- **Give everyone, even your smallest child, a job.**
  - If young kids are learning their colors, have them point out as many different colored vegetables as they can.
  - Have school-aged children read the labels to find healthy choices. Tell them why you are picking that food item based on what the label says.
- **When shopping, we try to find a vegetable or fruit that we have not tried before.**
  Use grocery shopping as a time to teach your kids what you have learned. Shopping will take a little longer when the kids help. But this time will help your kids learn healthy eating habits that will last a lifetime.

Where can I find menus and recipes for a whole week?

The menus on the following pages are healthy and low-cost. These sample menus are for a 2,000-calorie food pattern. Averaged over a week, these menus provide all of the recommended amounts of food from each food group. You can find some of the recipes for these tasty meals at www.fns.usda.gov/eatsmartplayhardhealthylifestyle.

You can also find many low-cost recipes at the Food Stamp Nutrition Connection at www.nal.usda.gov/foodstamp. If you need help finding the recipes, ask your nutrition educator for assistance.

Acknowledgments

The following recipes used in this Guidebook were adapted from the USDA's Food Stamp Nutrition Connection at www.nal.usda.gov/foodstamp. You can find complete nutrient and cost information for each recipe on the Web site.

Banana Split Oatmeal, page 20

Bean Enchiladas, page 23

Brunswick Stew, page 11

Colorful Quesadillas, page 12

Delicious Greens, page 11

Fantastic French Toast, page 19

Frozen Fruit Cups, page 14

Orange Banana Frosty, page 16

Salmon Patties, page 22

Sensational Six-Layer Dinner, page 24

Spinach and Meat Cakes, page 20

Sure to Please Baked Eggs and Cheese, page 17

And, the following recipe used in this Guidebook was adapted from the National Network for Child Care at www.nncc.org.

Bugs on a Log, page 10

WEEK ONE

DAY 1	DAY 2	DAY 3
Breakfast Oatmeal with Raisins Low-fat Milk Orange Juice	**Breakfast** Bran Flake Cereal Low-fat Milk Banana Whole-Wheat Toast with Jelly Grapefruit Juice	**Breakfast** Puffed Wheat Cereal with Raisins Low-fat Milk Banana Whole-Wheat Toast with Jelly
Lunch Southwestern Salad* Corn Tortilla Cantaloupe Lemon-flavored Iced Tea	**Lunch** Potato Soup* Whole-Wheat Crackers Carrot Sticks Low-fat Milk	**Lunch** Ham Sandwich: (Whole-Wheat Bread, Lettuce, Tomato, Ham, American Cheese, Mayonnaise) Baked Beans* Apple Low-fat Milk
Dinner Turkey Stir Fry* Brown Rice Whole-Wheat Dinner Roll Peach Apple Crisp* Low-fat Milk	**Dinner** Beef Pot Roast* Egg Noodles with Soft Margarine Green Beans Apple Rice Pudding* Low-fat Milk	**Dinner** Baked Spicy Fish* Brown Rice Mashed, baked sweet potato with cinnamon Turnip Greens Oatmeal Cookies* Low-fat Milk
Snack Pears Orange Gelatin Salad	**Snack** Plain Popcorn Lemonade	**Snack** Apple Sauce Low-fat Plain Yogurt

* Go to www.fns.usda.gov/eatsmartplayhardhealthylifestyle for recipes with starred (*) foods and amounts of food to eat for a 2,000-calorie food pattern.

Note: Use fat-free and low-fat milk and milk products. Prepare iced tea with no added sugar. Use 100% fruit juices.

DAY 4	DAY 5	DAY 6	DAY 7
Breakfast Whole-Wheat English Muffin with Soft Margarine and Jelly Grapefruit Low-fat Milk	**Breakfast** Whole-Wheat Toast with Peanut Butter Banana Slices Low-fat Milk	**Breakfast** Scrambled Egg Hash Brown Potatoes Whole-Wheat Toast with Soft Margarine Orange Juice Low-fat Milk	**Breakfast** Fantastic French Toast* Maple Syrup Kiwi Fruit Honeydew Melon Low-fat Milk
Lunch Tuna Pasta Salad* Rye Bread Celery Mandarin Oranges Low-fat Fruit Yogurt Water	**Lunch** Grilled Cheese Sandwich: (Whole-Wheat Bread, Tomato, American Cheese) Ranch Beans* Celery Fruit Cocktail Low-fat Milk	**Lunch** Baked Chicken Nuggets* Macaroni Salad* Peas with Soft Margarine Pears Low-fat Milk	**Lunch** Baked Cod with Cheese* Black Beans with Green Pepper and Onion Broccoli with Soft Margarine Whole-Wheat Dinner Roll Water
Dinner Chicken and Vegetables* Scalloped Potatoes* Grapes Whole-Wheat Bread Low-fat Milk	**Dinner** Oven-Baked Chicken Mashed, baked sweet potato with cinnamon Ground Cinnamon Broccoli with Soft Margarine Whole-Wheat Dinner Roll Peaches Low-fat Milk	**Dinner** Pizza Meat Loaf* Yellow Sweet Corn Spinach Pineapple Whole-Wheat Dinner Roll Fat-free Frozen Yogurt Low-fat Milk	**Dinner** Spaghetti and Meatballs: (Spaghetti Noodles, Tomato Sauce, Baked Meatballs)* French Bread Baby Spinach Salad with Fat-free Vinaigrette Dressing Low-fat Milk
Snack Baked Crispy Potatoes* Apple Juice	**Snack** Chickpea Dip* Pita Bread	**Snack** Chili Bean Dip* Pita Bread	**Snack** Apple Low-fat Plain Yogurt

WEEK TWO

DAY 1	DAY 2	DAY 3
Breakfast Breakfast Egg Burrito* Cantaloupe Orange Juice Low-fat Milk	**Breakfast** Egg Muffin Sandwich: (Scrambled Egg and American Cheese on a Whole-Wheat English Muffin) Orange Juice	**Breakfast** Shredded Wheat Cereal Low-fat Milk Banana Orange Juice
Lunch Lentil Stew* Mixed Green Salad with Reduced-Calorie Dressing Corn Bread* Lemon Iced Tea	**Lunch** Broccoli & Cheese Baked Potato: (Potato, Broccoli, Cheese) Apple Lemon Iced Tea	**Lunch** Bean & Cheese Enchiladas* Mixed Green Salad with Reduced-Calorie Dressing Grapes Lemon Iced Tea
Dinner Pork Chops & Peppers* Roasted Sweet Potatoes Green Peas Applesauce Dinner Roll with Soft Margarine Low-fat Milk	**Dinner** Baked Fish* Cuban Beans* Brown Rice Sliced Tomato Dinner Rolls with Soft Margarine Low-fat Milk	**Dinner** Beef Stir Fry* with Vegetables White Enriched Rice Low-fat Milk Fat-free Frozen Yogurt
Snack Oatmeal Raisin Cookies* Low-fat Milk	**Snack** Low-fat Yogurt Raisins	**Snack** Baby Carrots Saltine Crackers (Low Sodium)

* Go to www.fns.usda.gov/eatsmartplayhardhealthylifestyle for recipes with starred (*) foods and amounts of food to eat for a 2,000-calorie food pattern.

Note: Use fat-free and low-fat milk and milk products. Prepare iced tea with no added sugar. Use 100% fruit juices.

DAY 4	DAY 5	DAY 6	DAY 7
Breakfast Whole-Wheat Toast with Peanut Butter Cantaloupe Low-fat Milk	**Breakfast** Oatmeal with Raisins Tropical Morning Treat*	**Breakfast** Pumpkin Muffin* with Soft Margarine Banana Low-fat Milk	**Breakfast** Raisin Bran Cereal Low-fat Milk Apple Orange Juice
Lunch Spinach Salad Garlic Toast with Soft Margarine Mandarin Oranges Low-fat Milk	**Lunch** Turkey Sandwich: (Turkey, Lettuce, Tomato, Mayonnaise on Whole-Wheat Bread) Apple Coleslaw* Low-fat Milk	**Lunch** Chicken Salad* Sandwich: (Chicken Salad, Lettuce, Tomato on Whole-Wheat Bread) Carrot Raisin Salad* Baked Beans Low-fat Milk	**Lunch** Vegetarian Chili* Whole-Wheat Garlic Toast with Soft Margarine Corn Low-fat Milk
Dinner Baked Chicken Egg Noodles with Soft Margarine Green Beans Lemon Iced Tea Fat-free Frozen Yogurt	**Dinner** Salmon Shepherd's Pie* Delicious Greens* Corn-on-the-Cob Dinner Roll with Soft Margarine Peach Low-fat Milk	**Dinner** Make-Your-Own Pizza* (Green Pepper, Mushroom, Onions) Mixed Green Salad with Reduced- Calorie Dressing Applesauce Low-fat Milk Banana Pudding*	**Dinner** Turkey Patty* on Roll Broccoli Mashed Potatoes with Soft Margarine Fat-free Frozen Yogurt Pineapple Low-fat Milk
Snack Apple Graham Crackers	**Snack** Saltine Crackers (Low Sodium) Low-fat Yogurt	**Snack** 5-Layer Bean Dip* with Corn Tortilla	**Snack** Whole-Wheat Crackers (Low Sodium) with Peanut Butter

To learn more about food and nutrition, call:

Attach contact information label here.

To apply for food stamps, call or go to your local food stamp office.

If you need help finding your local food stamp office, call 1-800-221-5689 or go to the Food Stamp Web site at www.fns.usda.gov/fsp.

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